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843 carried is not *pék* other miscarriages will follow. A miscarriage is merely a dead child and has no sort of moral significance. It is possible that if a woman were pregnant by a bastard she would try to hide the miscarriage; this is *nam-toak* and she and her village will be punished with storms and hail which will destroy the crops.

[847] Except in the theoretical case of a girl being delivered of a bastard in the forest and there killing it, infanticide is not permitted for any reason whatsoever; neither monsters nor deformed infants nor even incestuously begotten children will be killed.

844 To procure easy delivery a Mun will offer two chickens to Sor *moong* in the seventh or eighth month of pregnancy. Easy or difficult labour is considered to be a hereditary quality; a woman who after easy deliveries suddenly has a difficult one is considered either to have helped a woman in child-birth who had difficult labour, or to have eaten some of the food of such a woman. If labour is difficult a Mun and lama will be called in to find out the cause of this, which is almost certain to be the breaking of some pre-natal taboo, probably by the father. If this is discovered by divination the appropriate steps will be taken to remove the *tamtoom* by the undoing or unlocking that which had been incorrectly completed

[845] or locked. It may be noted that it is impossible to procure an abortion or still-birth by the intentional breaking of pre-natal precautions; any such act which can kill the child will also kill the mother.

About a month before delivery is expected some specially strong *chi* is prepared and put aside; this must on no account be touched by anybody until the third day after delivery, when it is served at the birth feast; and, for a month after, it is given as a specially strengthening food to the newly delivered mother. Apart from this no special preparations are made for birth, which takes place in the husband's house; all the members of the household are present at the birth, but no strangers unless a Mun or lama has to be called in to give his services to help a difficult delivery. The mother is delivered in the kitchen; a rope is suspended from the ceiling to which she clings, squatting; she may be helped by the father or parents-in-law or anybody who knows how, who will squat behind and press on the woman's breasts and belly. As soon as the baby has appeared the cord is cut and the part attached to the baby tied up; then the baby is washed in luke warm water, wrapped in a cloth, and given the breast. Anybody who knows how can cut the navel-cord—the mother or father or anybody else who has

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experience and a small knife. Babies are not slapped to make them cry or take in air; they do so, it is said, automatically. Nothing is done to the mother's breasts to induce lactation. Considerable anxiety is felt, especially by the father, if the afterbirth is long in descending; if there is a delay the severed and tied navel-cord is attached to the mother's toe and she is then *pék* by a Mun. As soon as the afterbirth has appeared it and the cord are rammed into a bamboo container which is carefully covered with a cloth. Somebody not too nearly connected with the delivered parents will take this and either throw it into the river or fasten it high up on a tree out of the way of insects and animals; for should it be eaten the child will suffer from skin eruptions. Formerly the afterbirth used to be buried but now this is no longer done; for if it is buried in wet ground the child will get eye disease, if in cultivated ground the crops will be spoilt. One or two people said that in certain family lines the afterbirth is still buried, but I could not get any concrete examples of this practice.

If after the birth the blood does not flow freely a blood clot will be formed; to remove the clot the mother is given hot soup and drinks, and fish boiled in butter; if the clot does not come down she will die.

If labour is difficult a fowl and a goat should be sacrificed; the mother must eat the fowl by herself. The goat's heart, lungs, and liver must be boiled and hashed and mixed with rice and offered to the gods and devils; the rest of the meat belongs to the officiants.

It is believed that with breach presentation it is impossible for the baby to be born alive and it is rare that the mother should survive this; it is due to one of the parents having tied up a packet at one end to carry food and then, instead of taking the food out of the mouth, to have taken it out of the tied end. It is good if a new-born baby has hair, but should a child be born with a tooth in its head (a thing unheard of) that baby will be an incarnate devil. It will be reared, but when it grows up its thoughts and curses will be able to kill people. No cases are known of a child born in a caul; if it did occur it would be lucky. A child is unaffected by being born with a strangulating cord; it is the *tamtoom* of one of its parents having twisted a rope or string round their neck in the later stages of pregnancy. Birth-marks vary in their significance according to their place and colour. Big splodgy birth-marks show that in its former incarnation the child was a cow; red marks on the hands and arms that the child was formerly a killer of men—a soldier

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597 853 Milk may also be given to such orphans by the feeder taking it into his or her mouth and squirting it into the baby's. Two boys in Lingthem were artificially reared in this way. If the mother and child both die the child is placed in the mother's lap before the [166] body is disposed of; similarly if the mother dies in the last months of pregnancy the foetus is ripped out and placed on her lap before burning or burial.

844 864 Children normally witness the birth of subsequent siblings and of other children born in the house. Except for one nervous adult, Jiroong, who said he was frightened when his younger sister was born, children do not seem to regard child-birth with any deep emotion. Twelve-year-old Ribu voiced the general sentiment when he said that during birth he was not frightened, though he was anxious for his mother. Children take birth in a very matter-of-fact way; 'first of all a woman becomes pregnant and then she puts out a child'. Only adopted children or only children who have not had occasion to witness child-birth surround the situation with any emotion or curiosity.[2]

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846 For the first three days of life the baby is considered to be still in the womb and all the pre-natal precautions have to be observed. It is not even referred to as a human child; it is called a rat-child. During those three days the mother must on no account touch the ground; were she to do so the blood clot would not descend. The father may go out but must not do heavy work such as lifting stones or cutting trees; such actions would cause the woman pain in her belly. Also nobody except those who live in the house must enter the house or see the child; should they do so the mother will have terrible pains. If the mother has recovered she can do ordinary household work. After the birth feast on the third day the mother may go outside as soon as she feels that she is strong enough to do so; no ceremony marks the first going out of a newly delivered mother, though for the first month she is fed on a special strengthening diet of chicken soup and extra strong *chi*.

On the third day the baby is officially born and a special birth [783] feast is held for it. Before strangers enter the house the floors are scrubbed with wormwood plants, and incense burnt, and every member of the house washes his body, first in hot water indoors, and then in a stream, and also his clothes, to remove the uncleanness of birth.

[2] See Chapter Fifteen, p. 390.

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husband, but can take as companion any other member of her husband's family except her father-in-law; very often these visits are the means of producing further marriages between the groups.

The husband practically does not change status at all through marriage. Unless there have been premature deaths in the family he is still a very minor member of the household; he has a wife to work with him, but he has if anything to work harder now that he is a more responsible person. There are no outward signs of any sort which will show if a person is married or not. Marriages take place, as has been said, when the parties are still very young, and there is usually a considerable lapse of time between marriage and the birth of the first child. Only two women in Lingthem bore children before they were eighteen and the greater number usually had their first child somewhere around the age of twenty. These preliminary years are passed in the married couple getting accustomed to one another and setting up the pattern of mutual rights and duties on which Lepcha affection is founded. It is extremely uncommon and is considered very disreputable for a husband and wife who have children to separate, or even to show marked preference for anybody other than their own spouse. Such behaviour is stigmatised as shameless.

At the wife's first pregnancy the young couple acquire greater importance and responsibility and the second half of the pregnancy is, as has been described, a period of great care and watchfulness for both parties. With the birth of the child the couple become more important; now they are really part of the village and are carrying on the family line, and as a sign of this their names are changed and also their mode of address to their nearer kinsmen. The father and mother are called after their child—father of X and mother of X—and all the members of the generation above them are called grandfather and grandmother out of compliment to the child, and members of the same generation, especially if older, may be addressed as father or mother, though this latter is optional. But unless death has intervened they are still a minor part of the household; they continue working harder than ever now they have children to bring up, and it is only when their own family is growing up that they in their turn become the head of the household or one of the more important members of it. As the man's father gets older he gives over more and more responsibility to his eldest son, even possibly having the property registered in this son's name;

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751 The *Za-Sung* is a strip of paper wrapped round a piece of
777 bamboo and covered with a coating of lac, on which are impressed nine zeros representing eyes. This charm is usually worn on a string round the neck.

[415] The *Tshon-Sung*, or "weapon-warder," is always worn in a *Ka-Wo*, or metal charm box. This is usually of plain silver or copper, but is sometimes decorated with gold filigree work.
[523] In this box are usually kept the most precious relics and religious heirlooms of the family. These usually consist of such things as the hairs of some holy Lama, his bones, teeth, or a portion of his clothing. Nail-parings also are in much demand. These things are considered so efficacious in affording protection against weapons that Tibetans and Bhutanese are often willing to pay very high prices for them, and will not part with them for any consideration unless they believe that they are haunted or have become attended by some evil spirit which is likely to cause their owner sickness.

The *Palkyet-Sung*, or amulet of universal purpose, is considered to be particularly efficacious in averting the evil influences of physical mesmerism, disagreement between married couples, and in maintaining harmony between them.

823 Gold and platinum are believed to be proof against all
783 forms of pollution, but it is not often that such expensive materials can be afforded. Copper comes next in order of merit, and is preferred to silver as being less liable to pollution. Silver boxes must be sanctified by sprinkling holy water over them every morning and fumigating them with incense; but this is unnecessary with boxes of any other metal.

● 844 For cases of childbirth, and also for various diseases of the
751 nervous system, there are charms written on a thin strip of paper with Chinese ink. These are rolled into a pill, coated with butter, and given to the patient to swallow. In cases of difficult labour they are tied to the hair of the mother, on the crown of her head, in the belief that this expedites delivery of

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the child. Throughout Nepal used railway tickets are nowadays much used for the same purpose; but this particular charm does not appear yet to have reached Sikkim.

Amongst Lepchas, Limboos, and Sherpas, as well as Tibetans, strings of snail-shells are worn on the necks and wrists of children, and are sometimes fastened to their clothes. These are places for the soul to hide in, should the child be attacked by an evil spirit. They are often worn up to the age of seven or eight, after which the soul is considered capable of looking after itself.

The following natural objects are considered to have magical qualities, and for this reason are often made up into charms. The use of some of them probably originated in Nepal; but, like most of the other charms and amulets from that country, they are highly prized by Lepchas.

Black cats' placenta; tigers' whiskers, preferably obtained while the animal is not quite dead; tigers' claws and collar-bones; armadillo scales; the horn or hoof of rhinoceros; the milk of a tigress; the placenta of elephants and rhinoceros; bears' claws; wolves' tongues; musk; bears' gall-bladders; and finally, various plants and herbs, particularly if they have been blessed and consecrated at auspicious moments by strolling Lamas.

These things are worn mostly by women and children, and are thought to ward off the evil eye and the effects of sorcery. They are particularly efficacious in guarding against the evil desires of envious neighbours; but are also considered effective in counteracting any possible harm which might result from a stranger looking on at the time of eating.

The products of the rhinoceros are, of course, in great demand all over India. They are believed by Hindus, for instance, to have a purifying effect, and make offerings of water acceptable to the spirits of ancestors. Their use is restricted to the higher castes, and only those who take no alcohol may use them. Hindus of lower caste may make use of rhinoceros horn in their worship; but in this case are

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224 which is filled with pointed stakes. A bear-hunter must
[834] refrain from all sexual intercourse for three months from the day the trap is placed in position, otherwise any bears caught in the pit would escape; but apart from this there is no correlation between hunting and sex, such as is common in many parts of the world. In this particular case the con-
[832] nection may possibly be due to the fact that bears' gall-
[151] bladders are believed to have some aphrodisiac quality; but they are also said to be useful in curing pains at childbirth,
[844] and, mixed with hot water, as an antidote for malaria. They are also much used for curing the peculiar itching of the feet, which is said to be due to walking over excreta in the fields
[435] during hot weather. They can be sold in Gangtok for about five rupees each. The flesh, however, is eaten and considered to be rather a delicacy; but for some reason or other most "civilised" people consider it to be unfit for human consumption. I do not know why, for the bear is an exceptionally clean eater and lives mostly on roots and other vegetable matter. I have on occasion tasted the meat myself; it is undoubtedly somewhat full-flavoured and rather tough, and tastes a little like steak that is past its prime; but apart from these minor disadvantages it is perfectly palatable, and no more offensive than beef or pork.

773 One day a man was wandering on the hillsides when he saw what he took to be the dead body of a bear. It was in reality a god; but the actual spirit had for the moment left the bear's body and was standing at a little distance looking on. The man cut up the carcass and ate a portion, when the god itself appeared. "You have eaten my body," it said; "and in return you must worship and serve me henceforth. From this day, however, I give you permission to eat all kinds of animal flesh, even unto the bodies of snakes." This
[184] was how the Salong clan of the Lepcha tribe took to eating snakes; but they gave up the habit several generations ago, and it is said that there are now no snake-eaters in Jongu.

224 Once a man takes to hunting he must continue to make

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child is born; and during this period it is thought that the father's actions can affect the fœtus equally with those of the mother. It is believed that a newly-born child is not in full possession of its soul until three days after its birth, and for this reason the precautions are observed until this day.

During the time of birth no man is present in the room, and the subject is naturally an impossible one for a male to investigate. Karma said that when he was a boy he was very anxious to see how babies were born, and one day he went unnoticed to a house in order to witness this event. It had only a floor of bamboo slats, so that by standing underneath and looking up he was able to see everything:

"The woman was holding on to a rope, which was suspended from the roof, and was herself being held from behind by another woman. I first saw a large round object appear, which was apparently the baby's head. Every time the mother grunted a little more appeared; but when she ceased to grunt the whole object appeared to contract and disappear. There was complete silence for a bit and then the object seemed to shoot out of the woman's body with great rapidity. I saw that it was the baby.

"I noticed that the woman's vulva was very large and round; but I was not frightened, nor did I feel the least shame. I think I really did not think about the matter at all. I suppose I must have been about eight or nine years of age at the time this happened. I only went because I was very interested to see how a baby was born, and because I wanted to see what a woman's vulva was like. I could not now watch this sort of thing, as it would have too exciting an effect on me."

If the afterbirth does not descend it is usual to sever the child's umbilical cord and tie it to one of the mother's toes. At the same time any Mun who has previously attended her should now come and again wave elephant grass over her. Failure to get rid of the afterbirth is due to the mother having stepped across a ring of straw during pregnancy, an action which is thought to cause the vaginal passage to

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844 descend with the afterbirth, thus causing the death of the mother. The following actions during pregnancy are also [843] likely to have the same effect: eating carrion; eating rice scraped from the very bottom of the pot, and accordingly slightly burnt.

The umbilical cord is generally cut with a small knife by some woman helper; but if necessary the mother may do it herself. The slough of the cord is carefully kept and when it drops off is tied to the child's necklace. It is usually thrown away when the child reaches the age of four or five; but if lost or thrown away before this period it is said that the baby will crawl to the fire-place and scratch amongst the ashes searching for it. The actual cord, together with the afterbirth, is put into a small bamboo container, covered with a cloth, and taken to the forest by the father, where it is hung up on a tree out of reach of insects and animals. Some people say that the container is either buried in the [753] ground or thrown into a stream; but there seems to be an idea that if the thing is buried by chance in wet ground, for instance, it means that the child will have weak and running eyes in later years; if buried in cultivation it would spoil the crops; and if the afterbirth should, by chance, be eaten by insects or wild animals it might later suffer from skin eruptions. For these reasons the container is usually hung up in a tree; but, as usual, it does not really matter.

[184] Kalimpong Lepchas think that if the afterbirth is taken too far away from the house there is a danger that a long time will elapse before another child is born; but this idea appears not to be known in Jongu.

845 A stillborn child is taken straight away and thrown into the nearest river. On the way back a Mun will meet the parents some little distance outside their house and will wave such things as thorny plants over them: but there is otherwise no form of ceremony; nor need the pre-natal precautions be continued up to the third day, when it is found that the child is already dead. When a child is stillborn, or dies very shortly after birth, a large stone is heated and the child's